

103 WAYS TO MOVE MORE

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**if DIETS
DON'T WORK,
WHAT DOES?**

Dear Reader,

These human bodies of ours are AMAZING. Moving them more will not only benefit your physical and mental health, but it can also be a way to have fun and to play more in your life.

Moving more needs to be enjoyable, doable, and it needs to happen every single day. Humans do best when we live an active lifestyle.

The ideas listed here range from the simple to the complex, the obvious to the obscure. Some are dependent on equipment, outdoor access, and weather. The point of this activity is to get your brain thinking about all the wild and wonderful ways you could move your amazing body more.

Be sure to jot down other ideas that are sparked along the way. If you come across something and you don't know what it is, look it up! It might spark a new interest and you'll see other people doing the thing and loving it! Don't write things off immediately; recognize that there may be entry-level ways to do something you think you could not do yet. Focus on what IS possible for you. Daydream on the possibilities.

Instructions:

- Print this one page list of 100 ways to move more.
- Skim the page and cross out any you know you would absolutely hate.
- **Circle** the ones you've done before and could enjoy getting back to someday.
- **Highlight** the ones you might be interested in trying out.
- Put a **star or a heart** next to ideas that you would like to be able to do someday, but are not able to yet in your current circumstances (it's okay to dream a little!)
- From your circled and highlighted items, write down 3 to 5 that you want to explore in the next 90 days.

Have fun with this activity!

- Danielle

1. Take the stairs instead of the elevator
2. Daily 15 min walk after lunch
3. Free Squats
4. Jumping Jacks
5. Walking meetings
6. Walking phone calls
7. Eat lunch outside
8. Get a standing desk
9. Drink lots of water (more bathroom breaks)
10. Park further away
11. Have a dance party
12. Run errands on foot
13. Bike to work
14. Ride an adult trike to work
15. Outdoor date night
16. Yin Yoga
17. Restorative Yoga
18. Hatha Yoga
19. Ashtanga Yoga
20. Vinyasa Yoga
21. Bikram Yoga
22. Tai Chi
23. Planks
24. Dips
25. Pullups
26. Burpees
27. Pushups
28. Squats
29. Calisthenics
30. Pilates
31. Hiking
32. Downhill skiing
33. XC skiing
34. Snowshoeing
35. Outdoor Rowing (Kayak or Canoe)
36. Indoor Rowing Machine
37. Mountain biking
38. Walking your dog
39. Walking the mall
40. Walking around the block
41. Walking your stairs for 5-10 minutes
42. Bowling
43. Golf
44. Tennis
45. Frisbee with dog
46. Frisbee with friends
47. Pickleball
48. Racquetball
49. Basketball
50. Volleyball
51. Soccer
52. Cycling
53. Running/Jogging
54. Weight Lifting
55. Jump Rope
56. Swimming
57. Zumba
58. Spin
59. Crossfit
60. Barre
61. Ballet
62. Ballroom Dancing
63. Salsa Dancing
64. Hip hop dancing
65. Karate
66. JuJutsu
67. Boxing
68. Taekwondo
69. Mixed martial arts
70. Kickboxing
71. Judo
72. Wii Fit U
73. Xbox Fitness
74. Just Dance (playstation/xbox/wii)
75. Vacuuming
76. Mopping
77. Folding laundry
78. Washing dishes
79. Raking leaves
80. Mowing the lawn
81. Pulling weeds
82. Play tug with your dog
83. Learn the drums
84. Learn the piano
85. Learn the violin
86. Learn the trombone
87. Learn the guitar
88. Surfing
89. Knee boarding
90. Water skiing
91. Wakeboarding
92. Building sand castles
93. Playing at playgrounds (swinging, sliding, climbing)
94. Parkour
95. Jumping on a trampoline or rebounder
96. Indoor Rock climbing
97. Outdoor Rock climbing
98. Horseback riding
99. Ride a motorcycle
100. Skateboard
101. Longboard
102. Hoverboard
103. Razor Scooter

REFLECTION

What other exercise/movement/activity ideas came to mind?

What exercises/movement/activities have you done before and enjoyed?

What have you always wanted to try, but haven't yet?

List all the activities from the list that you indicated an interest in. Brainstorm what it would take for you to be able to do each activity.

Use the stages of change discussed in Chapter 5 to recognize where you are at with each idea, and move through the stages until you are ready to act. (Remember: pre-contemplation, contemplation, preparation, action, maintenance.